

- * Keep your back as straight as possible. It should not be arched.
- * Get a firm grip on the object, lifting one end slightly, if necessary, to get one hand under it. Grip the load so that it won't slip while you are lifting or carrying it.
- * To lift the object, straighten your legs, keeping your back as straight as you can.

These are the simple steps to "Liftability" and trouble-free backs — both on the job and at home.

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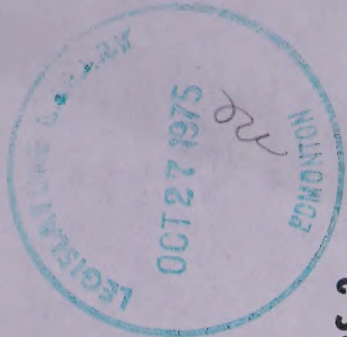
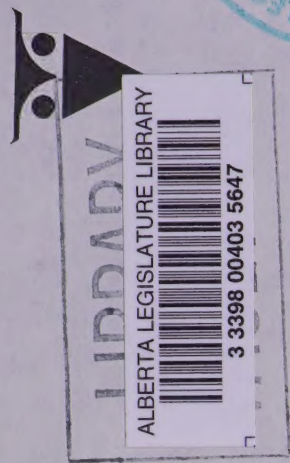


The W.C.B. OWL says:
 "Find the safe way
 then stick to it!"

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**WORKMEN'S
 INSURATION
 BOARD, ALBERTA
 NEWSLETTER**



- * WHY GUARDS ?
- * INFECTION PREVENTION
- * " LIFTABILITY "

WHY GUARDS ?

There are two ways in which workers often defeat the purpose of machine guards:

1. Failure to replace guards that are removed to allow repairs, oiling, or adjustment of the machine.

The best guard ever designed by an engineer is worthless if it is removed from the machine. And the machine whose guard has been removed is just as deadly a threat to you as if it had never had a guard at all.

If you have to remove a guard, always replace it as soon as the job that demanded its removal is finished. Don't operate the machine yourself or leave it for someone else to operate without the guard.

2. Another way to defeat the purpose of machine guards is to try to figure out a way to beat the guards. Some guards are so designed that a machine can't operate unless your hands are out of the way. But unfortunately some of these can be outwitted by work-made contrivances to beat them.

Any such device to defeat any guard is a sure weapon for industrial suicide.

A generation ago, machine guards were seldom found in industry. The accident rate was high, and cripples from machine accidents were common sights. Machine guards played a major part in ending this ghastly record.

Don't forget: Guards were designed for one purpose - - YOUR PROTECTION.

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INFECTION PREVENTION

Annually the Board receives reports of numerous lost-time accidents resulting from minor abrasions which seemed quite innocent at first. Unattended, they were a prime breeding ground for infection, and eventually had severe consequences.

All could have been avoided with prompt medical attention.

Even a "harmless" sliver is a potential threat to health and employment. To illustrate: Last year an Alberta workman caught a sliver in the middle finger of his left hand. He removed the sliver himself and dismissed any idea of further medical attention.

In the months that followed, he had constant trouble with extreme tenderness, swelling, and extensive infection. His "do-it-yourself" sliver removal had done only part of the job.

Eventually the finger became so deformed and swollen that partial amputation was necessary.

To quote two National Safety Council slogans:

"Get first aid fast - - don't get scratched off your job".

"A wound neglected may be a wound infected".

* * * * *

"LIFTABILITY"

Accidents in manual handling of materials result primarily from unsafe working habits such as improper lifting, carrying too heavy a load, and incorrect gripping.

Physical differences make it impractical to set up safe lifting limits for all workers. However, sustained attention to these basic principles will surely avoid most lifting and transporting accidents.

* When you are going to lift a heavy object and carry it to another area, inspect the route over which it is to be carried, making sure there's no obstruction or spillage on the floor.


* Next, decide how to grasp the object, avoiding sharp edges and slivers. If the object is wet or greasy, wipe it dry so that it won't slip from your grasp.

* Make a preliminary "lift" to ensure the load is easily within your lifting capacity. If it isn't, secure help.

* Set your feet solidly well apart, with one foot slightly ahead of the other. In some cases, it may be easier to go down almost to the floor on one knee while keeping the other leg bent.

* Crouch as close to the load as possible, with your legs bent at about a 90-degree angle at the knee.

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